



February 2017

Seniors on the Go

City of Waukesha Parks, Recreation & Forestry Department • 1900 Aviation Drive, Waukesha, WI 53188 • waukesha-wi.gov/427

CITY OF WAUKESHA
PARKS • RECREATION • FORESTRY
NATIONAL Gold Medal Winner



The Booth Brothers

A Fireside Christian Concert
Tuesday, March 28, 2017



Join your fellow WPRF travelers on a trip to the Fireside in Fort Atkinson to experience one of their very popular Christian Concerts, and delicious buffet lunch!

Our motorcoach will depart from the Schuetze Recreation Center at 8:45 am on Tuesday, March 28, 2017. We'll make a short shopping stop at the all-new Jones Market prior to arriving at The Fireside. The store is now tripled in size and is offering you even more fresh products along with a bit of nostalgia.

Our Concert Buffet Menu includes the following:

Starters

Freshly Baked Breads from the Fireside Ovens

Buffet Menu:

Deep Fried Cod

Steamed Cod with Peppercorn Cream Sauce

Southern Fried Baked Chicken

Roasted Yukon Gold Potatoes

Cole Slaw

Corn Fritters with Maple Syrup

Stir Fried Fresh Vegetables

French Fries

Dessert: Ice Cream Pie

Beverages: Coffee, Tea or Milk

Following our luncheon, there will be time to browse the many unique gift shops at the Fireside before we take our seats for the concert.

Ronnie and Michael Booth's father, Ron, immersed his sons in Southern Gospel music from an early age, performing with him until he retired in 1998 and they continued on their own. Paul Lancaster joins them now as the third member of the Booth Brothers trio. Ronnie, Michael, and Paul love Southern Gospel music. They believe it touches the soul and offers encouragement and hope. By singing and ministering to audiences through work and song, these gentlemen are fulfilling God's call for their lives. These men are deeply committed to musical excellence yet have a greater desire to impact the hearts of those listening to their music. Refreshing humor, inspiring songs, and encouraging words are embedded in every concert. This trio has been acknowledged as one of the finest in the business, having received many awards including Song of the Year, Album of the Year, Trio of the Year, Male Group of the Year, Best Live Performers, Artist of the Year and more.

We will return to Waukesha around 4:30 pm. The cost of the tour is \$73 per person. This includes the show, luncheon buffet and deluxe motorcoach transportation. Call in registration begins at 8:00 am on Wednesday, February 8, 2017. You can register yourself and one other person by calling 262-524-3737. Final payment is due Wednesday, February 15, 2017.

In this Issue



Milwaukee in Bloom - Art Museum!	2
More trip opportunities / GWAAR: Energy Assistance	3
Game Brain Valentine Crossword	4
February Calendar	5
Peppermint & Polka Recap / Brown Bag	6
Enrichment/ Fitness Opportunities	7
Jazz and Love Feb Event	8

Schuetze Open Walking Schedule

M-F, 7:45-8:30 am



**Thursday,
March 23, 2017**



Art in Bloom • Milwaukee Art Museum

Lush garden scenery and stunning floral displays bring Spring to the museum and create the perfect backdrop for this beautiful day trip experience.

Today we enjoy some of the very best our wonderful city of Milwaukee has to offer! Our motorcoach will depart from the Schuetze Recreation Center, 1120 Baxter St., at 10:00 am on Thursday, March 23, 2017.

Our morning attraction includes a trip to Usinger's Famous Sausage for a little shopping. Usingers features original family recipes and over 70 varieties of old-world sausage in a historic factory and shop. Enjoy delicious samplings throughout the store, along with a 15% off coupon towards your purchase.

Next, we'll enjoy lunch at Karl Ratzsch, Milwaukee's long-time favorite German restaurant. Karl Ratzsch has recently renovated and re-opened with new chef and owner, Thomas Hauck.

Our Menu includes the following:

1st Course: Haussalt - House Salad

2nd Course, choose one:

1. Weinerschnitzel - Veal, pounded thin, breaded and pan fried, served with lemon
2. Sauerbraten - Sliced beef, marinated in vinegar, gingersnap cookies are then added to form the gravy
3. Sausage Plate - to include Bratwurst and Knockwurst: Bratwurst - Pork, caraway, allspice, a true bratwurst. Knockwurst - Pork and Beef, similar to Baloney, Fat short sausage with a snappy red casing, smoked over oak wood with garlic.

All entrees include Family Style sides of apples, spaetzle, sauerkraut & red cabbage - Coffee, Iced/Hot Tea, Soda
3rd Course: Black Forest Cake

After our delicious luncheon we will travel a short distance to the Milwaukee Art Museum for our beautiful and fragrant afternoon of color - *Shake off the Winter doldrums!* Art in Bloom is the perfect way to welcome Spring while exploring and enriching your own floral and gardening know-how.

View stunning art-inspired floral installations in the recently renovated Collection Galleries, and botanic and landscape features in the Calatrava-designed Quadracci Pavilion. A docent-guided tour will take you through the highlights of these inspiring installations.

After your tour, browse the marketplaces filled with flowers, clothing, beauty products, garden accessories, and more from local vendors and artisans. There is something for everyone!

We will return to Waukesha around 4:30 pm. The cost of the tour is \$62 per person. This includes: lunch, admission to the museum, docent-lead tour and deluxe motorcoach transportation. Call in registration begins at 8:00 am on **Wednesday, February 15, 2017**. You can register yourself and one other person by calling 262-524-3737. Final payment is due **Wednesday, February 22, 2017**.

Please make checks payable to: WPRF, 1900 Aviation Dr., Waukesha, WI 53188.

Join us - there's still room on these Family Trips!
Register online, fax, or in person at the
Schuetze Rec Center or Aviation Office.

Cinderella

Rogers & Hammerstein's **CINDERELLA** is the Tony Award winning musical, from the creators of *The King and I* and *South Pacific*, that's delighting audiences with its contemporary take on the classic tale. This lush production features an incredible orchestra, jaw-dropping transformations and all the moments you love – the pumpkin, the glass slipper, the masked ball and more – plus some surprising new twists! Our seats for this performance are in the rear orchestra section in Uihlein Hall at the Marcus Center for the Performing Arts, Milwaukee. The Associated Press calls this show "Pure Magic"!

AGE	DAY	DATE	TIME	R/NR FEE	CODE
6+	Th	3/30	6:30-10:30 pm	\$59	8900.101

Schuetze Recreation Center Min: 35 Max: 52

Instructor: Marge Reuteman

NOTE: Registration deadline for this trip is February 28th, 2017.

Chicago – The Musical

A true New York City institution, **CHICAGO**, has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show-stopping-song after another; and the most astonishing dancing you've ever seen.

No wonder **CHICAGO** has been honored with 6 Tony Awards, 2 Olivier Awards, a Grammy and thousands of standing ovations. It's also no surprise that **CHICAGO** has wowed audiences all around the world, from Mexico City to Moscow, from Sao Paulo to South Africa. Our seats for this performance are in the rear orchestra section in Uihlein Hall at the Marcus Center for the Performing Arts, Milwaukee. The New York Times reflects "CHICAGO still glitters hypnotically"!

AGE	DAY	DATE	TIME	R/NR FEE	CODE
6+	Su	4/30	Noon-4:30 pm	\$59	8900.102

WPRF Office, 1900 Aviation Drive Min: 35 Max: 52

Instructor: Marge Reuteman

NOTE: Registration deadline for this trip is March 27th, 2017.



Greater Wisconsin Agency on Aging Resources, Inc.



2016-2017 Energy Assistance Programs

There are several ways to obtain assistance if you are unable to afford your heating bills this winter. Most power companies offer budgeting plans so consumers can spread out the high costs of winter heating throughout the year. Contact your energy provider for details.

Another source of help with winter heating bills is WHEAP, the Wisconsin Home Energy Assistance Program. Applicants must meet income eligibility limits which have been set at 60% of state median income levels. For the 2016-2016 heating season, the gross income limit for a single person is about \$2181 per month. The limit for a couple is \$2852 per month. Applicants to the program must provide information including proof of household income, Social Security cards, a current energy bill, and if heat is included with rent, a rent statement or letter from landlord that confirms that heat is included in rent. There may be other factors that affect eligibility, but if your income falls within the above guidelines, and you need assistance, you should apply.

WHEAP will provide a one-time payment during the October 1st to May 15th heating season for either heat or non-heat electricity. The payment will only cover a part of the heating costs. The amount received will depend on household size, income, and heating costs. Assistance is available whether you heat your home with wood, propane, electricity, fuel oil, or natural gas. The payment is generally sent to the energy provider.

WHEAP may also be able to provide assistance if a furnace breaks down during heating season. Assistance with either repair or replacement costs is available in many counties. Another service offered by WHEAP is weatherization assistance for homes. The goal of this program is to reduce heating costs. Energy auditors are sent out to homes to determine what is needed. Assistance can come in the form of insulation, replacement of old, inefficient refrigerators or water heaters, and reduction of air leakage.

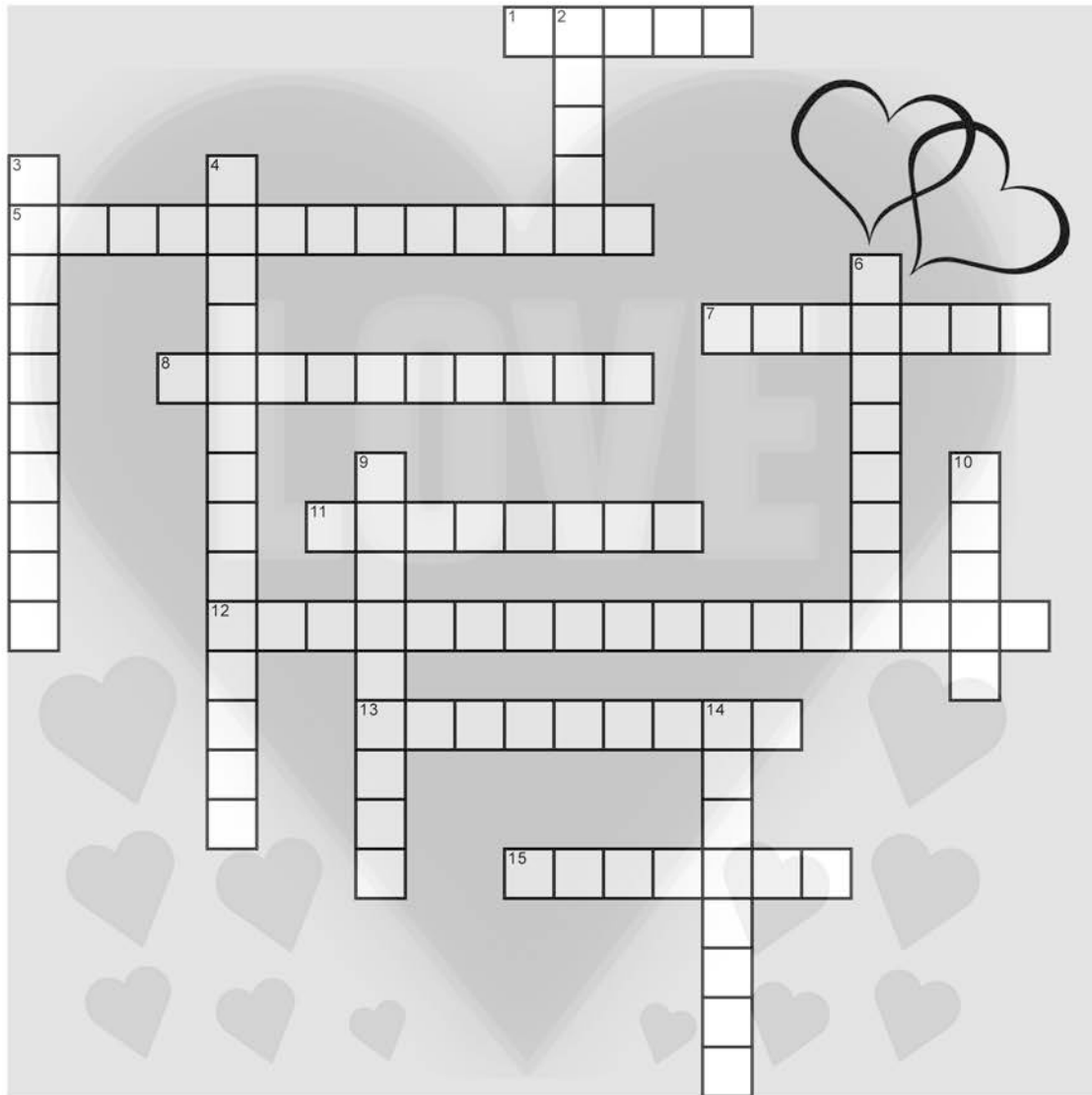
Contact your local WHEAP Agency for more information or to apply for assistance. The number for Waukesha County is 262-549-9666. You can also call 1-866-HEATWIS (432-8947). Information can also be obtained at www.homeenergyplus.wi.gov.



Welcome to **GAME BRAIN!**

A new monthly section to give our brains a mini workout and have a little fun!
In honor of Valentine's Day we've created this puzzle to celebrate Love!

Legendary Love - Hollywood and Beyond



Across



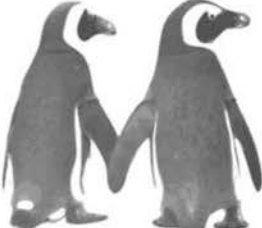
- 1 Nicole Kidman and Keith _____
- 5 First/last Name of Actor Elizabeth Taylor married Twice!
- 7 1997 Movie based on a true story sinks hearts
- 8 Winona Ryder loves this guy (actor) despite scissors for hands
- 11 Rita Wilson married this famous actor in 1988.
- 12 Tv series with love in title that aired from 1969-1974
- 13 Love actually PM and lover (actor)
- 15 Chuck _____ hosted a hearty show called Love Connection

Down

- 2 _____ and Juliet
- 3 Tv show that featured a lady married to man, each with 3 previous children
- 4 Soap Opera with long running romance between John and Marlena
- 6 This knight fell in love with Guinevere
- 9 Napoleon divorced his first wife he called _____
- 10 When Harry met _____
- 14 This 2004 Movie title can also be found as an object in most student's backpacks.

February 2017



Monday	Tuesday	Wednesday	Thursday	Friday
				
		1	2	3
		BBAD - Bridge is Fun 10 am Cardio Blast 10:15 am Yoga 11:20 am Golden Agers 11:30 am Pickleball Competitive 12:30 pm iPad Basics 3:30 pm Ballroom Basics for Balance 5:30 pm	Movers & Shakers 8:30 & 9:30 am Tai Chi 9 am Aquasize 9 & 10 am Open Bridge 11:30 am Pickleball Social 12:30 pm American Mah Jongg Meet Ups 1:30 pm Zumba Gold 5:30 pm	Cardio Dance 10:15 am Yoga 11:20 am Open Bridge 11:30 am Pickleball Competitive 12:30 pm <i>Sat. Feb. 4</i> Pickleball Saturdays 9:00-11:45 am <i>Sun. Feb. 5</i> Senior Trip: <i>MSO Pops - John Williams</i> 1:30 pm
6	7	8	9	10
Cardio Blast 10:15 am Yoga 11:20 am Senior Fun Bridge Noon Pickleball Social 12:30 pm Knitting 1 pm Open Cards 6 pm Pickleball Advanced 6:30 pm "Advance Digital Photography-Lenses, Light & Composition" 6:30 pm Knitting-Beginning 7 pm	Movers & Shakers 8:30 & 9:30 am Aquasize 9 & 10 am Painting Open Studio 9:30 am Needlework 10 am Open Bridge 11:30 am Tai Chi 6 pm Let's Make Soup 6:30 pm Knitting-Continuing 7 pm	<u>Call in Registration:</u> The Booth Brothers A Fireside Christian Concert 8:00 am BBAD - Bridge is Fun 10 am Cardio Blast 10:15 am Yoga 11:20 am Golden Agers 11:30 am Pickleball Competitive 12:30 pm iPad Basics 3:30 pm Ballroom Basics for Balance 5:30 pm	Movers & Shakers 8:30 & 9:30 am Tai Chi 9 am Aquasize 9 & 10 am Open Bridge 11:30 am Pickleball Social 12:30 pm American Mah Jongg Meet Ups 1:30 pm Zumba Gold 5:30 pm	Cardio Dance 10:15 am Yoga 11:20 am Helping Hands Noon Pickleball Competitive 12:30 pm <i>Sat. Feb. 11</i> Pickleball Saturdays 9:00-11:45 am
13	14	15	16	17
Cardio Blast 10:15 am Yoga 11:20 am Pickleball Social 12:30 pm Knitting 1 pm "Jazz and Love" Don Weast Jazz Group 2 pm Open Cards 6 pm Pickleball Advanced 6:30 pm Knitting-Beginning 7 pm	Movers & Shakers 8:30 & 9:30 am Aquasize 9 & 10 am Painting Open Studio 9:30 am Needlework 10 am Open Bridge 11:30 am Tai Chi 6 pm Knitting-Continuing 7 pm	<u>Call in Registration:</u> Art in Bloom-Milw. Art Museum 8:00 am BBAD - Bridge is Fun 10 am Cardio Blast 10:15 am Yoga 11:20 am Golden Agers 11:30 am Brown Bag Conversation - Interfaith Noon Pickleball Competitive 12:30 pm Ballroom Basics for Balance 5:30 pm	Movers & Shakers 8:30 & 9:30 am Tai Chi 9 am Aquasize 9 & 10 am Open Bridge 11:30 am Pickleball Social 12:30 pm American Mah Jongg Meet Ups 1:30 pm	Cardio Dance 10:15 am Yoga 11:20 am Open Bridge 11:30 am Pickleball Competitive 12:30 pm <i>Sat. Feb. 18</i> Pickleball Saturdays 9:00-11:45 am
20	21	22	23	24
Cardio Blast 10:15 am Yoga 11:20 am Senior Fun Bridge Noon Pickleball Social 12:30 pm Knitting 1 pm Open Cards 6 pm Pickleball Advanced 6:30 pm Knitting-Beginning 7 pm	Movers & Shakers 8:30 & 9:30 am Aquasize 9 & 10 am Painting Open Studio 9:30 am Needlework 10 am Open Bridge 11:30 am Tai Chi 6 pm Knitting-Continuing 7 pm	BBAD - Bridge is Fun 10 am Cardio Blast 10:15 am Yoga 11:20 am Golden Agers 11:30 am Pickleball Competitive 12:30 pm Photography Club 3:30 pm	Movers & Shakers 8:30 & 9:30 am Tai Chi 9 am Aquasize 9 & 10 am Open Bridge 11:30 am Pickleball Social 12:30 pm American Mah Jongg Meet Ups 1:30 pm Zumba Gold 5:30 pm Senior Trip: <i>Dukes of Dixieland</i> 10:45 am	Cardio Dance 10:15 am Yoga 11:20 am Helping Hands Noon Pickleball Competitive 12:30 pm <i>Sat. Feb. 25</i> Pickleball Saturdays 9:00-11:45 am
27	28			
Cardio Blast 10:15 am Yoga 11:20 am Pickleball Social 12:30 pm Bunco 1 pm Knitting 1 pm Open Cards 6 pm Pickleball Advanced 6:30 pm Knitting-Beginning 7 pm	Movers & Shakers 8:30 & 9:30 am Aquasize 9 & 10 am Painting Open Studio 9:30 am Needlework 10 am Open Bridge 11:30 am Tai Chi 6 pm Knitting-Continuing 7 pm			

Brown Bag Conversations

February 15 – Interfaith

The Faith-based nonprofit agency, Interfaith Senior Programs, will be discussing their agency which helps seniors and adults with disabilities through direct services and volunteer opportunities.

If you have a suggestion for a future conversationalist please submit your written ideas to the Senior Advisory Board, 1900 Aviation Dr., Waukesha, WI 53188

Noon-1:00 pm

Rotary Building

NOTE: No fee or registration required.

Mark your Calendar for these upcoming talks:

March 15 – Waukesha County Master Gardens

April 19 – WI Dept. of Natural Resources



Peppermints & Polka Memories



Thanks again to the volunteers, participants, instructors, sponsors, partners and the talented Mike Schneider for coming together for our first Schuetze recognition holiday concert, Peppermints & Polka! Fitness Instructor, Becky Hels, started out the party with a lively dance instruction followed by an afternoon of festive polka music, holiday refreshments and line dancing. Our gratitude extends greatly for the warm hearts and commitment of the Schuetze Recreation Center community!

Upcoming Opportunities

For more info call 262-524-3737. Must be pre-registered to participate. Register online, fax, walk in, or mail your registration form to 1900 Aviation Dr., Waukesha, WI 53188.

Zumba

Zumba is the fusion of Latin and International music dance themes that create a dynamic, exciting, effective workout! Routines will feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movement with easy to follow dance steps.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	2/20-3/27	5:30-6:30 pm	\$33/\$50	7000.155
16+	M	4/10-5/15	5:30-6:30 pm	\$33/\$50	7000.156

E.B. Shurts Building, Women's Club Room Min: 9 Max: 20

Instructor: Genelle Beyer, Certified Zumba Instructor

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	2/23-3/30	6:40-7:40 pm	\$33/\$50	7000.161
16+	Th	4/6-5/11	6:40-7:40 pm	\$33/\$50	7000.162

Schuetze Recreation Center, Activity Room Min: 9 Max: 20

Instructor: Amy Sadenwasser, Certified Zumba Instructor

Zumba Gold – Dance Your Way to Health For Beginners to Older, Active Adults

Zumba Gold improves balance, flexibility and cardiovascular strength with its unique program. Zumba Gold is designed to teach the basic dance steps to anyone.

Difference between Zumba Basic and Zumba Gold – speed and intensity of the dance moves and length of warm up and cool down.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	2/23-3/30	5:30-6:30 pm	\$33/\$50	7000.167
16+	Th	4/6-5/11	5:30-6:30 pm	\$33/\$50	7000.168

Schuetze Recreation Center, Activity Room Min: 9 Max: 20

Instructor: Joan Bohte, Certified Zumba Instructor

Mark your calendar for these upcoming Special Events:

Jazz and Love, February 13 (see back page)

**Sham Rock II - Evan and Tom Leahy Concert
March 13**

Spring into Spring Bingo - April 10

Location/Time

Schuetze Recreation Center - 2:00-3:00 pm

INTERFAITH

SENIOR PROGRAMS

Can you help?

Each week, around 9 seniors and adults with disabilities are unable to find a ride to a medical appointment or the grocery store. Can you help them? Become a volunteer driver with Interfaith Senior Programs. Call (262) 549-3348 to learn more.

Gentle Yoga for Beginners

Yoga is a wonderful way to stay fit as you learn to breathe deeply and relax more fully. It's numerous health benefits help you to feel your best as you become stronger and more flexible. This is a slower paced, gentle class geared towards the beginner and those with physical limitations. Modifications and props are used so that the movements can be adapted to accommodate students of all ages and abilities. Each class finishes with a guided meditation and relaxation. Bring a yoga mat to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	2/27-4/10	5:30-6:45 pm	\$61/\$81	7000.138
16+	M	4/17-5/22	5:30-6:45 pm	\$53/\$73	7000.139

Rotary Building

Min: 5 Max: 24

Instructor: Marie Coakley, RYT



Photography Club

Club members need to only have an interest in photography and a digital camera. The main emphasis of the club will be the achievement of excellent photographic results using bridge and point-and-shoot type cameras. Throughout the year, club activities will include taking all types of photographs while learning to exploit all the capabilities of member cameras. If you shoot all your photos on the "A" setting, this club is for you.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	W	2/22-5/9	3:30-5:00 pm	\$10/\$15	8500.127

Schuetze Recreation Center, Conference Room

Instructor: Rudy Willis

Min: 12 Max: 35

"Jazz and Love" Don Weast Jazz Group



**Monday February 13, 2017
2:00-3:00 pm
Schuetze Recreation Center,
Riverview Room
1120 Baxter St.
Waukesha, WI**

Join us for a romantic, musical afternoon of smooth jazz and sweet chocolate. Don Weast and Friends will be gracing us with classic jazz hits to get you in the Valentine's Day spirit!

**Free, but pre-registration is required
Registration code: 8500.123**



"Community Benefits
for a Lifetime."

or Current Resident

**Waukesha Parks, Recreation & Forestry
1900 Aviation Drive
Waukesha, WI 53188
(262) 524-3737**

